



Waterfront Fitness Specialists

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AKA Two Fit Chicks in a Van

Waterfront Fitness The Beginning

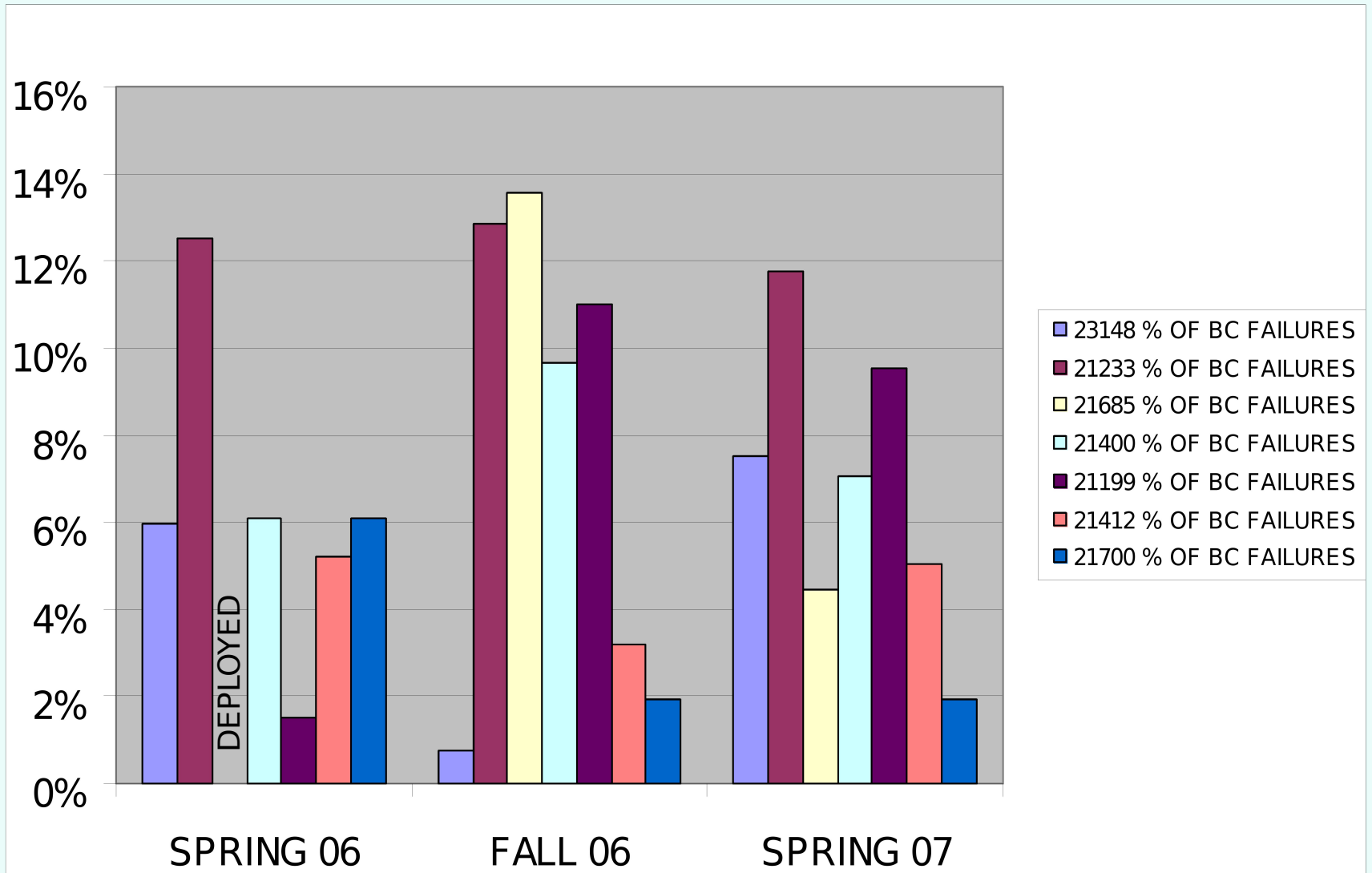
- Programs
 - CFL Workshop
 - Basic Nutrition GMT
 - Confined Space Training
 - TRX Training
 - ShipShape Weight Management Program
- Activities
 - Group Exercise
 - Health Fairs
 - Assessments
 - Command PT
 - PRT Assistance
 - Fitness Equipment
- Statistical Data



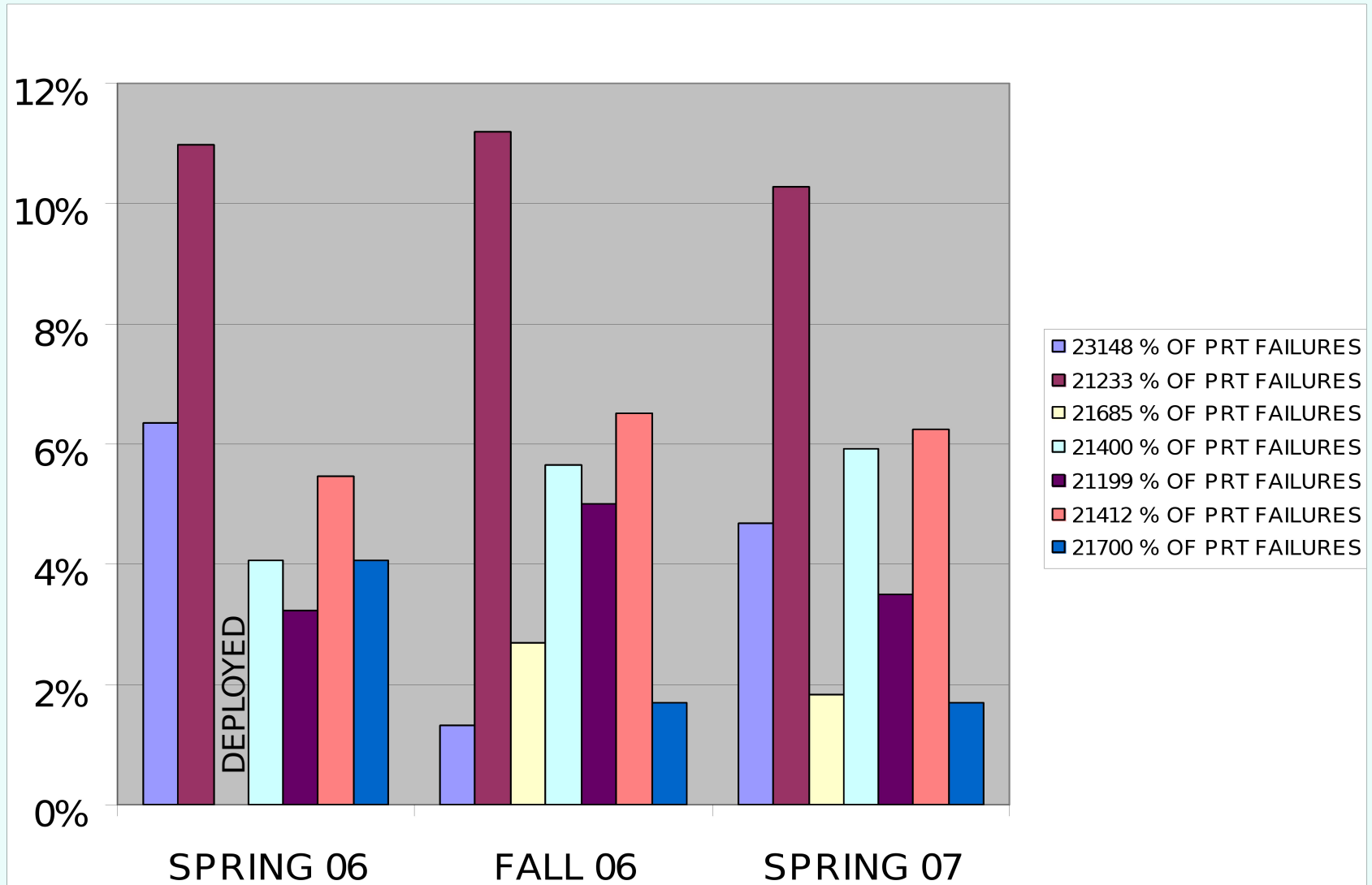
LAST 6 MONTHS

CFL WORKSHOP	1 CLASS A MONTH	240 SAILORS
GROUP EXERCISE CLASSES	20 SHIPS MONTH	10,200 SAILORS
TRX TRAINING	20 CLASSES TOTAL	600 SAILORS
PRT ASSISTANCE	6 SHIPS/6 MONTHS	1800 SAILORS
SHIPSHAPE	3 SHIPS/8 WK	75 SAILORS
HEALTH FAIRS	1 SHIP A MONTH	1500 SAILORS
SHIP ASSESSMENTS	3 SHIPS A WEEK	7200 SAILORS

% BODY COMP FAILURES



% PRT FAILURES



Waterfront Fitness What's in Store

- Programs
 - Navy Nutrition Now
 - ShipShape Weight Management Program Facilitator Training
- Additional Resources
 - Waterfront Fitness Position
 - Automotive Fleet



Confined Spaces





Down the Hatch

To Sonar Skid



Sonar Skid



L
O
O
K
I
N
G

U
P



FROM SONAR SKID



Confined Spaces



Passageway

Weight Room



Equipment Specifications



Equipment must be able to be disassembled to 27 inches to get through the doors and hatches





Flight Deck



Hangar Bay



Haze Grey



And Underway



Pallet Staging Area



Pallet Staging Area

Confined Space Tools



- Body Bars
- BOSU
- Dumbbells
- Medicine Balls
- Core Balls
- EZ Ropes
- Stability Balls
- Steps
- Bands*
- TRX

Functional Training Room







Confined Space Tools



CFL Workshop



Afloat Fleet Sailor of the Year Finalists 2007



2007 Afloat Chief's Induction





Command PT



PRT Assistance

PRT Assistance



Bringing Fitness to the Fleet

